



Vital Aging 2013

FREE

WHEN

Thursday, June 13, 2013

9:00 am – 2:30 pm

Registration begins at 8:00 am

TWO VENUES

Liberty Station's
McMillin Center and vicinity
2875 Dewey Road
San Diego, CA 92106

San Marcos
Community Center
3 Civic Center Drive
San Marcos, CA 92069

KEYNOTE SPEAKERS

Cornell McClellan

Personal trainer for the First Family

Deborah Szekely

Founder, Rancho La Puerta and Golden Door Spas
(Webcast from Liberty Station to San Marcos)

ALSO FEATURING

Indoor and outdoor activities

Demonstrations by local chefs

Workshops on gardening, exercise, and more

Local resources/exhibitors

Healthy lunch

Space is limited. Pre-registration required.

REGISTER NOW

1-(877) 926-8300 or www.AISEvents.org



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Founder, Rancho La Puerta
and Golden Door Spas

LIVE WELL,
**SAN
DIEGO!**

COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY
Aging & Independence Services

AARP
Real Possibilities

North County's Action Network
NORCAN
For Older Adults and Adults with Disabilities

